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NUTRITIVE VALUE OF FOODS

A TABLE

Compiled by

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Revised by

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1944

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FOOD	Wt. GRAMS	MEASURE	PRO. gms.	FAT gms.	CHO. gms.	CALO- RIES	Ca. gms.	P. gms.	Fe. mgms.	VITAMINS			EXCESS Acid	Base	FIBER gms.	WATER gms.	SOURCE
										A	B	C					
Almonds	100	¾c or 107	21.0	54.9	17.3	647	.239	.465	4.07	+	++	*		12.0	2.0	4.8	A B ₁
Apples, fresh	100	2/3 of 2¼" diam, or 1, 2" diam.	.3	.4	13.9	60	.007	.012	.36	+	+	++ ^s		3.7	1.0	84.1	C A
Apple sauce	100	¾c	.4	.5	30.1	124	.009	.015	.37	*	*	—To+		4.5	1.2		M
Apricots, fresh, ³⁷	100	2, 1½" diam.	1.0	.1	12.3	54	.014	.025	.61					6.4	.6	85.4	C A
Apricots, dried	100	½c packed or 16 small halves	4.7	1.0	60.1	268	.066	.117	7.61					31.3	2.4	29.4	G A
Apricots; dried, cooked	100	1/3c	1.3		30.7	128	.018	.032	2.01					8.5	.7		M
Artichokes, globe	200	One 3" diam. 4" long	5.8	.8	17.4 ⁶⁰	100			.95	++	+	*			6.4	167.4	D A
Artichokes, jerusalem,	100		2.2	.1	16.2 ⁶⁰	74									.8	79.5	D
Asparagus, fresh	100	12 5-inch stalks	2.2	.2	3.2	24	.025	.039	.96	++ ⁷	+++	*		.8	.7	93.0	D A
Avocado (Alligator Pear)	200	One 4" long	4.0	46.4	13.4	487			.57	++	++	*			2.3	133.4	C A
Bacon, uncooked	100	10 slices 1½"x4½"x¼"	10.5	64.8	625	.006	.108	1.30	—To+	+	*	5.0			20.2	A C
Bacon, cooked	15	4 strips 3¼" long	2.5	7.5	77	.001 ⁸	.026 ³	.30 ³	—To+	+	*	1.5				P C
Bananas	100	One 6½" long or ¾c. sliced	1.2	.2	22.4	96	.009	.031	.64	To++	+	++		5.6	.6	74.8	C A
Barley, pearled	100	½c	8.5	1.1	77.8	355	.043	.400	3.58	*	++	*	10.4		.3	11.5	A B ₁
Beansprouts, Mung	100	+ ½c	2.9	.3	3.3	27				+	++	++ Cooked +++ Raw			.7	92.4	D
Beans, kidney, canned	100	½c	7.0	.2	17.3	99	.043 ²	.158 ²	2.31 ²	*	*	—		3.0	1.2	72.7	A B ₁
Beans, navy, dried	100	½c	22.5	1.8	55.2	327	.160	.471	7.93	*	++	*		18.0	4.4	12.6	A A
Beans, baked, canned	100	½c	6.9	2.5	17.1	118	.042	.340	2.05	+	++	*		6.4	1.3	68.9	A H
Beans, soy, dried or meal	100	½c	36.7	18.2	26.6	417	.206	.580	.78	+	++	—			5.1	8.0	R A
Bean. soy, green, shelled	100	+ ½c	12.4	6.3	12.2 ⁸	155	.079	.222	.3	+	++	*			2.2	64.7	R
Beans, snap. raw	100	2/3c	2.4	.2	6.3	37	.046	.052	.98	++	++	++		5.4	1.4	88.9	D A

Pro. Protein
CHO. Carbohydrate (total, excluding fiber)
Ca. Calcium
P. Phosphorus
Fe. Iron

Excess Acid or Base expressed as cc. Normal solution required to neutralize the ashed food
Source See pp. 17

Vitamins
— No appreciable content
+ Food contains the vitamin
++ A good source
+++ An excellent source
* Evidence is doubtful or insufficient
Var. Variable
Vitamin D

Vitamin E
+ Milk, muscle meat, egg yolk
++ Wheat embryo, lettuce
E.P. Edible Portion. Analysis given in E.P. unless otherwise noted.
A.P. As purchased
c Cupful (standard 8 oz.)
" Inches
T. Tablespoonful
t. Teaspoonful

! Includes fiber
! Calculated from dried food
! Calculated from uncooked food
! Acid ash due to benzoic acid content
! Storage applies Vit. C +
! Presumably a considerable proportion of inulin
! Much of this is inulin
! Bleached Vit. A —
! About 5% is available

The percentage composition of fruits and vegetables is that of raw food.

FOOD	Wt. GRAMS	MEASURE	PRO. gms.	FAT gms.	CHO. gms.	CALO- RIES	Ca. gms.	P. gms.	Fe. mgms.	VITAMINS			EXCESS		FIBER gms.	WATER gms.	SOURCE
										A	B	C	Acid	Base			
Beans, lima, green, shelled	100	½c	7.5	.8	22.0	125	.028	.133	2.40					14.0	1.5	66.5	D A
Beans, lima, dried	100	2/3c	18.1	1.5	65.9 ¹	349	.071	.338	8.62					41.6		10.4	A A
Beef bouillon	100	—½c	2.2	.1	.2	18										96.6	A
Beef, misc. fat free cuts	100	4"x4"x½"	22.4	2.9		116	.013	.241	4.1	+	+	—To+	11.5			73.8	A B,
Beef, round, lean	100	4"x4"x½"	19.7	8.0		151	.011	.212	4.1	+	+	—To+	10.6			71.0	B B,
Beef, loin, med. fat	100	4"x4"x½"	16.9	25.0		293	.010	.182	3.7	+	+	—To+	10.8			57.0	B B,
Beef, loin, fat	100	4"x4"x½"	15.6	31.0		341	.009	.168	3.7	+	+	—To+	9.5			53.0	B B,
Beef, roast, fat	100	1 slice 5"x2½"x¼"	22.3	28.6		347	.013	.240	4.9 ⁸	+	+	—To+	11.7			48.2	A B,
Beef, dried	100	7 slices 4"x5"	30.0	6.5		178	.017	.323	6.2 ⁸				14.8			54.3	A B,
Beef, dried, creamed	100	—½c	8.0	10.9	7.1	158	.090	.125	1.26				1.6				M (2)
Beef, stew with vegetables	100	½c	5.3	4.6	12.9	114	.022	.080	1.58					2.0	.4		M
Beef, juice	100	½c	4.9	.6		25	.008	.031	44.4	*	+	—To+	2.4			93.0	A C
Beer 3.5% alcohol or less	100		.4		3.8	39											S
Beer 3.5% alcohol or less	12 oz	1 bottle	1.4		13.0	133											S
Beer 3.5-6% alcohol	100		.6		4.7	51											S
Beer 3.5-6% alcohol	12 oz	1 bottle	2.0		16.0	173											S
Ale 6% alcohol or more	100		.7		4.8	72											S
Ale 6% alcohol or more	12 oz	1 bottle	2.4		16.0	245											S
Beet greens	100	½c cooked	2.0	.3	4.2	27			3.13	++	++	*		27.0 ⁹	1.4	90.4	D A
Beets	100	½c diced	1.6	.1	8.7	41	.029	.039	.85	—To+	+	+		10.9	.9	87.6	D A
Biscuit, Baking Powder	35	2 small Biscuits	2.5	2.9	14.4	94	.022	.031	.20				1.5				M
Blackberries, fresh ³⁷	100	1 1/6c	1.2	1.1	7.8	46	.017	.034	.91							85.3	C A
Blueberries ³⁷	100	2/3c	.6	.6	13.9	63	.020	.003	.80						1.2	83.4	C A
Bologna	30	4"x4"x¼"	5.6	5.3	.1	70	.001	.018	.84				2.8			18.0	A D
Bran	100	2c unwashed	16.4	6.1	12.2 ¹⁰	169	.120	1.215	8.52	+	++	—			6.0	6.0	L B,
Brazil-nuts	100		16.8	69.4	5.0	712			3.93	+	++	*			2.1	5.3	L B,

⁹ No data available. Value given is that of spinach.

¹⁰ An additional 46.9% is quoted as undetermined carbohydrate.

FOOD	Wt. GRAMS	MEASURE	PRO. gms.	FAT gms.	CHO. gms.	CALO- RIES	Ca. gms.	P. gms.	Fe. mgms.	VITAMINS			EXCESS Acid Base		FIBER gms.	WATER gms.	SOURCE
										A	B	C					
Bread, graham	100	3 1/3 slices - 3/8"	8.9	1.8	51.0	256	.050	.218	2.5	+	++	—	6.8		1.1	35.7	A D
Bread, graham	30	1 slice	2.7	.5	15.3	77	.015	.065	.7	+	++	—	2.0		.3	10.7	A D
Bread, rye	100	3 1/3 slices - 3/8"	9.0	.6	52.7	252	.024	.148	1.6	*	++	*	6.8		.5	35.7	A D
Bread, rye	30	1 slice	2.7	.2	15.8	76	.007	.044	.5	*	++	*			.1	10.7	A D
Bread, white (milk)	100	3 1/3 slices - 3/8"	9.6	1.4	51.1	255				+	+	—To+	7.1			36.5	A A
Bread, white (milk)	30	1 slice	2.9	.4	15.3	76				+	+	—To+	2.1			10.9	A A
Bread, white (water)	100	3 1/3 slices - 3/8"	9.3	1.2	52.2	257	.027	.093	.9	*	+	—	7.1		.5	35.6	A D
Bread, white (water)	30	1 slice	2.8	.4	15.7	77	.008	.028	.3	*	+	—	2.1		.1	10.7	A D
Bread, whole wheat	100	3 1/3 slices - 3/8"	9.7	.9	48.5	241	.05	.175	1.6	Milk++ Water+	++ ++	—To+	7.3		1.2	38.4	A D
Bread, whole wheat	30	1 slice	2.9	.3	14.6	72	.015	.052	.5	See above			2.2		.4	11.5	A D
Broccoli	100	2 5" stalks	3.3	.2	4.2	32		Buds 1.42 Leaves 1.38				*			1.3	89.9	D A
Butter	100	7T	1.0	85.0		769	.015	.017	.2	+++	—			Neutral		11.0	A D
Butter	10	1 square 1 1/4"x1 1/4"x1 1/4"	.1	8.5		77	.001	.002	.02	+++	—	*		Neutral		1.1	A D
Butter	14	1T	.1	11.9		108	.002	.002	.03	+++	—	*		Neutral		1.5	A D
Butter	226	1c	2.3	192.1		1738	.034	.038	.45	+++	—	*		Neutral		24.9	A D
Buttermilk (churned)	100	1/2c	3.0	.5	4.8	36	.105	.097	.25	+	++	—To+		2.2		91.0	A D
Butternuts	100	25 nuts	27.9	61.2	3.5 ¹	676			6.84	+	++	*				4.4	A B ₁
Brussels sprouts	100	2/3c	4.4	.5	7.6	52	.027	.120	1.17						1.3	84.9	D A
Cabbage Chinese	100	7/8c shredded	1.4	.1	1.8	14			.62	*	*	++			.6	95.2	D A
Cabbage, white, fresh	100	2/3c cooked; 1 1/2c raw	1.4	.2	4.3	25	.045	.029	.43 green 1.22 red 1.04	+	++	+++		6.0	1.0	92.4	D A
Cake, plain	56	2 1/2"x2 1/2"x1 1/4"	3.7	7.4	29.3	199	.027	.045	.39				2.4				M
Cake, chocolate	50	2 1/2"x2 1/2"x1 1/4"	3.0	9.3	24.0	191	.021	.048	.40				1.8				M
Cantalopes, E.P.	100 1/2c	pulp; 1/3 of 4 1/2" melon	.6	.2	5.1	25	.017	.015	.39	++	++	++		7.5	.7	92.8	C A
Carrots	100	5/8c cooked	1.2	.3	8.2	40	.056	.046	.64	+++	++	+To++		10.8	1.1	88.2	D A

¹ No data available. Figure given is that of cabbage.

FOOD	Wt. GRAMS	MEASURE	PRO. gms.	FAT gms.	CHO. gms.	CALO- RIES	Ca. gms.	P. gms.	Fe. mgms.	VITAMINS A B C		EXCESS Acid Base	FIBER gms.	WATER gms.	SOURCE
Cauliflower	100	2/3c cooked	2.4	.2	4.0	27	.123	.061	.94	• +To++	•	5.3	.9	91.7	D A
Celery	100	4 Med. Stalks or ¾c cut	1.3	.2	3.0	19	.078	.037	.62	-To+	•	7.8	.7	93.7	D A
Chard (leaves only)	100	1/3c cooked	2.6	.4	4.0	28	.150	.040	3.09	++ +To++	•	15.7	.8	91.0	D E
Cheese, cheddar(American)	100	3"x2"x1" or ⅞c grated	27.7	36.8	4.1	458	.931	.683	1.38	++	•	5.5		27.4	A A
Cheese, cottage, skim	100	½c or 6 T	20.9	1.0	4.3	110	.077			+	•			72.0	A F
Cherries, sour, ⁸⁷	100	2/3c	1.3	.5	13.0	62	.019	.031 red	.41	++	•		.3	84.4	H A
Cherries, sweet, ⁸⁷	100	2/3c	1.1	.5	17.4	78	.019	.031 black	.77	++	•		.4	80.0	C A
Chestnuts	100		6.2	5.4	40.3	235	.034	.093	4.10	*	•		1.8	45.0	A B ₁
Chicken, broilers, E.P.	100	½ med. size	21.5	2.5		108	.012	.232	.70 ¹²	-To+	•	10.8		74.8	A B ₁
Chicken, fowl, uncooked	100	½ breast or one thigh	19.3	16.3		224	.011	.208	Light meat .70 ¹²	-To+	•	9.6		63.7	A B ₁
Chicken, fowl, stewed	70 ¹⁴	½ breast or one thigh	19.3	14.3		206	Dark meat 1.01	-To+	•	9.6			B ₁
Chicken salad	70	¼c + 2 leaves lettuce	4.6	11.9	1.1	130	.025	.061	.39			.7	.2		M
Chicory	100		1.6	.3	2.1	17			.49				.8	94.2	D A
Chocolate, bitter	100	3 1/3 squares	12.9	48.7	30.3 ¹	611	.092	.455	3.15	-	•			5.9	A B ₁
Chocolate, bitter	28	1 square	3.6	13.6	8.5 ¹	171	.026	.127	.88	-	•			1.8	A B ₁
Chocolate, milk, bar	60	bar 6½"x3"x3/16"	4.8	21.0	30.7	331									F
Chocolate blanc mange	100	—½c	3.5	6.6	26.3	179	.102	.106	.41			1.4			M
Citron	100	1¼c sliced	.5	1.5	78.1 ¹	328	.121	.033				9.7		19.0	A B ₁
Cocoa, dry	100	5/6 c	21.6	28.9	37.7	497	.112	.709	2.7	-	•			4.6	A B ₁
Cocoa	2.5	1t	.5	.7	.9 ¹	12	.003	.018	.08					.1	A B ₁
Cocoa	7.5	1T	1.6	2.2	2.8	37	.009	.054	.23					.3	A B ₁
Cocoa, beverage	100	2/3c	6.0	7.3	14.9	148	.195	.172	.48			2.9			M (a)
Cocoanut, shredded	170	5 4/5c	6.3	57.4	31.5 ¹	668	.059	.155	2.67	+	•			3.5	A B ₁
Cod, fresh	100	4"x1½"x1"	16.5	.4		70	.018	.192	.34	-To+	•	5.5		82.6	A B ₁
Codfish, salt, uncooked	100	piece 4½"x2¼"x½"	25.4	.3		104	.028	.292	.52 ¹³			12.6		53.5	A B ₁

¹² Figure that of Chicken, light meat.

¹³ Calculated from Cod, fresh.

¹⁴ Compiler's determination.

FOOD	Wt. GRAMS	MEASURE	PRO. gms.	FAT gms.	CHO. gms.	CALO- RIES	Ca. gms.	P. gms.	Fe. mgms.	VITAMINS			EXCESS Acid Base	FIBER gms.	WATER gms.	SOURCE
										A	B	C				
Codfish, salt, cooked	60 ¹³	1/3c flaked	25.4	.3		104							12.6			A
Cod liver oil	14	1 T		14.0		126				+++	—	—				F
Chocolate drop cookies	16	1 cooked 2¼" diam.	1.2	3.7	6.5	65	.008	.022	.17				.6			M
Cookies, sugar (plain)	12	1, 2¼" diam.	.7	1.8	7.0	47	.003	.007	.07				.5			M
Corn, sweet	100	¾c cooked	3.7	1.1	21.9	102	.006	.103	.47	+	++	—	1.8	.9	72.4	D
Corncake (Johnny cake)	34	2"x2"x1"	2.6	3.0	16.0	101	.025	.044	.31				1.4			M
Cornflakes	100	3½c	8.2	.4	86.7	383	.018	.190	2.78				5.4	.2		F
Cornflakes	20	2/3c	1.6	.1	17.3	77	.004	.038	.5				1.1			F
Corn meal, yellow, unckd.	100	2/3c	7.5	4.2	65.9 ¹	331	.018	.190	1.30	++	++	—	5.4		10.3	A
Corn meal, cooked	100	1/3c	1.5	.4	12.5 ¹	59	.003 ⁸	.036 ⁸	.25 ⁸				1.0			M
Corn starch	6	1 T			5.4	22							Neutral			A
Cornstarch, blanc mange	100	1/3c	2.9	3.5	21.0	127	.105	.081	.21				1.6			M
Corn syrup, (Karo)	100	5T			75.0	300										J
Corn syrup, (Karo)	40	2T.			30.0	120										J
Crabmeat, canned	100	2/3c flaked	15.8	1.5	.7	79	.017	.181							80.0	A
Crackers, graham ¹⁵	100	10 crackers	10.0	9.4	72.3	414	.024	.203	1.88				8.5	1.5	5.4	A
Crackers, graham ¹⁵	10	1 cracker	1.0	.9	7.2	41	.002	.020	.18				.8	.1	.5	A
Crackers, saltines	100	13 crackers	10.6	12.7	68.0	429	.022	.102	1.50				8.2	.5	5.6	A
Crackers, saltines	8	1 double cracker 4"x2"	.9	1.0	5.4	34	.002	.008	.10				.7		.3	A
Crackers, soda	100	36 crackers	9.8	9.1	72.8	412	.022	.102	1.50				8.2	.3	5.9	A
Crackers, soda	3	1 cracker 2"x2"	.3	.3	2.2	12	.001	.003	.04				.2		.2	A
Cranberries, A.P.	100	1c	.4	.7	9.9	47	.018	.013	.44	*	*	+	? ⁴	1.4	87.4	C
Cream, 20% "Coffee"	100	—½c	2.9	20.0	4.0	208	.097	.086	.2	+++	++	—To+			72.5	L
Cream, 20%	15	1 T	.4	3.0	.6	31	.014	.013	.03	+++	++	—To+			10.9	L
Cream, 20%	226	1c	6.5	45.2	9.0	470	.219	.194	.55	+++	++	—To+			163.8	L
Cream, 32% "Whipping"	100	—½c	2.4	32.0	3.5	312	.092	.077	.20	+++	++	—To+	.5			F

¹⁵ Minerals on basis of 50% Graham and Patent flour.

FOOD	Wt. GRAMS	MEASURE	PRO. gms.	FAT gms.	CHO. gms.	CALO- RIES	Ca. gms.	P. gms	Fe. mgms.	VITAMINS			EXCESS Acid Base	FIBER gms.	WATER gms.	SOURCE
										A	B	C				
Cream, 32%	15	1 T	.36	4.8	.53	47	.014	.012	.03	+++	++	—To+				F I
Cream, 40%	100	—½c	2.2	40.0	3.0	381	.086	.067	.20	+++	++	—To+	.4		54.3	L D
Cream, 40%	15	1 T	.3	6.0	.4	57	.013	.010	.03	+++	++	—To+	.06		8.1	L D
Cream, 40%, whipped	10	1 T	.2	4.0	.3	38	.009	.007	.02	+++	++	—To+	.04		.5	L D
Cress, see Watercress																
Cucumber	100	143c sliced, or 3"x1¼" diam.	.7	.1	2.2	12	.016	.033	.33	—To+	+	++	7.9	.5	96.1	D A
Currants, dried	100	2/3c	2.4	1.7	74.2 ¹	322	.082	.195	3.99				5.8	24.9 ¹⁶	17.2	A A
Currants, fresh	100	½c	1.6	.4	9.5	48	.026	.038	.63				.7 ²	3.2	84.7	C A
Custard	134	½c	6.3	6.3	16.3	147	.138	.134	.79				.4			M
Dandelion greens	100	½c cooked	2.7	.7	7.0	44	.105	.072	3.03	++	++	+	27.0 ⁸	1.8	85.8	D D
Dates, E. P.	100	14 dates	2.1	2.8	78.4 ¹	347	.065	.056	3.56	+	++	*	11.0		15.4	A A
Doughnuts	45	1 - 3" diam. 1½" thick	3.0	10.0	24.5	200							3.3			M
Dressing, Meat or Poultry	35	¼c	3.2	6.9	15.2	136	.026	.041	.30				1.7	.1		M
Duck	100	2 slices 1¼"x1½"x¼" cooked	22.3	3.3		119	.013	.240	1.71	—To+	+	*				F B ₁
Eggs, whole	100	2 med. size eggs	13.4	10.5		148	.067	.180	2.52	++	—To++	*	11.1		73.7	A B ₁
Eggs, whole	50	1 medium	6.7	5.2		74	.033	.090	1.26	++	—To++	*	5.5		36.8	A B ₁
Egg white	100	3 whites	12.3	.2		51	.015	.014	.1	—	—	*	4.8		86.2	A D
Egg, white	34	1 white	4.2	.1		17	.005	.005	.03	—	—	*	1.6		29.3	A D
Egg, yolk	100	6 - 7 yolks	15.7	33.3		362	.137	.524	7.60 ₁	+++	++	*	25.3		49.5	A B ₁
Egg, yolk	16	1 yolk	2.5	5.3		58	.022	.084	1.22	+++	++	*	4.0		7.9	A B ₁
Eggplant	100	Slice 4½"x½" or 1c diced	1.1	.2	4.6	25	.011	.034	.47	+	+	*			92.7	D A
Endive	100	2 to 4 stalks or ½ hd.	1.6	.2	3.2	21	.104	.038	1.23	+	*	+	7.4 ¹⁷	.8	93.3	D A
Farina, uncooked	100	⅝c	11.0	1.4	75.9	360	.021	.125	.85	—	—To+	—	9.6	.4	10.9	A B ₁
Farina, cooked	100	½c	1.8	.3	12.4	59	.003	.020	.14				1.6	.1		M
Figs, fresh ³⁷	100	3 - 1½" diam.	1.4	.4	17.9	81	.053	.036	.79					1.7	78.0	C A

¹⁶ Calc. from currants, fresh.

¹⁷ No data available. Figure given is that of lettuce.

FOOD	Wt. GRAMS	MEASURE	PRO. gms.	FAT gms.	CHO. gms.	CALO- RIES	Ca. gms.	P. gms	Fe. mgms.	VITAMINS			EXCESS Acid	FIBER gms.	WATER gms.	SOURCE
										A	B	C				
Figs, dried	100	17 figs	4.3	.3	67.5	290	.162	.116	2.87					6.7	18.8	G
Filberts (Hazelnuts)	100	½c	15.6	65.3	13.0 ¹	702				*	++	*			3.7	A
Flour, buckwheat	100	¾c	6.4	1.2	77.5	346	.010	.176	3.20				6.9	.4	13.6	A B ₁
Flour, rye	100	¾c	6.8	.9	78.3	349	.018	.289	2.83					.4	12.9	A B ₁
Flour, graham	100	¾c	13.3	2.2	69.5	351	.039	.364	3.70				11.2	1.9	11.3	A B ₁
Flour, white, unsifted	100	¾c	11.2	1.0	74.7	353	.020	.092	.91	—	—To+	—	9.6	.2	12.4	A B ₁
Flour, white	8	1 T	.9	.1	6.0	28	.002	.007	.07	—	—To+	—	.8		1.0	A B ₁
Flour, sifted	110	1c	12.3	1.1	82.2	388	.022	.101	1.00	—	—To+	—	10.6	.2	13.6	A B ₁
Flour, unsifted	125	1c	14.0	1.2	93.4	441	.025	.115	1.14	—	—To+	—	12.0	.4	15.5	A B ₁
Flour, whole wheat	100	¾c	13.8	1.9	71.0	356	.031	.238	2.5	—	—To+	—	12.2	.9	11.4	A D
Frankfurters	100	2, 5¼"x1" diam.	19.6	18.6	1.1	250	.011	.216	2.5				10.2		57.2	A D
Fudge, chocolate	25	1" cube	.5	1.9	18.5	93	.010	.017	.09							M
Garlic	100	3, 1½" bulbs	4.4	.2	19.0	95								1.0	74.2	D
Gelatin (dry)	100	10 T	91.4	.1		366									13.6	A
Gelatin (dry)	3	1 t	2.7			11									.4	A
Gelatin Dessert (Lemon Jelly)	100	—½c	1.6		18.3	80	.002	.001	.02				.5			M
Gingerale	100	—½c			8.0	32										D
Gingerbread	34	2"x2"x1"	1.7	2.4	15.9	92	.038	.024	1.01					.1		M
Goose, young	100		16.3	36.2		391	.009	.176	2.02	—To+	+	*	7.7		46.7	A B ₁
Gooseberries ²⁷	100	½c	.8	.4	7.6	37	.035	.031	.48					2.5	88.3	C A
Grapes, American types	100	½c or 24 grapes	1.4	1.4	14.4	76	.019	.031	Pulp .74 Skin 1.36	+	—To+++	+		5 Pulp 52 whole	81.9	C B ₁
Grapes, European types	100	½c	.8	.4	16.2	72		Malaga 2.28 Red .90					2.7	.5	81.6	C B ₁
Grape juice, Concord	100	—½c	.3		17.3	70	.011	.011	.30	+	—To+++	+	3.9		82.1	C D

FOOD	Wt. GRAMS	MEASURE	PRO. gms.	FAT gms.	CHO. gms.	CALO- RIES	Ca. gms.	P. gms.	Fe. mgms.	VITAMINS			EXCESS Acid	FIBER gms.	WATER gms.	SOURCE
										A	B	C				
Grape juice, Catawba	100	— $\frac{1}{2}$ c	.4	.2	20.2	82								3.9	79.1	C A
Grapefruit, E.P.	100 ¹⁹	$\frac{1}{2}$ - 4" diam. or $\frac{1}{2}$ c	.5	.2	9.8	43	.021	.020	.27	+	++	+++		5.6 ¹⁸	88.8	C A
Grapefruit Juice	100	— $\frac{3}{8}$ c			6.7	27									89.9	C
Gravy, meat stock ²⁰	100	$\frac{3}{8}$ c	.7	9.0	4.5	102	.003	.006	.07				.6			
Gravy, meat stock	15	1 T	.1	1.3	.6	14		.001	.01				.1			
Halibut	100	4"x1 $\frac{3}{4}$ "x $\frac{3}{4}$ "	18.6	5.2		121	.020	.214	.93	—To+	+	*	9.4		75.4	A B ₁
Ham, boiled	100	2 sl. 4 $\frac{1}{2}$ "x4 $\frac{1}{2}$ "x $\frac{1}{8}$ "	20.2	22.4		282	.012	.218	1.7 ²¹	—To+	++	—	10.0		51.3	A C
Ham, fresh, lean	100	4 $\frac{1}{2}$ "x3"x $\frac{1}{4}$ "	25.0	14.4		230	.014	.269	2.1 ²¹	—To+	++	—	12.5		60.0	A C
Ham, smoked, med. fat	100	4 $\frac{1}{2}$ "x4 $\frac{1}{2}$ "x $\frac{1}{4}$ "	16.3	38.8		414	.009	.176	1.4	—To+	++	—	8.3		40.3	A C
Hash	113	$\frac{1}{2}$ c	16.3	20.8	12.8	304	.019	.200	3.84				2.9	.3		M
Hazelnuts (filberts)	100	$\frac{1}{2}$ c	15.6	65.3	13.0 ¹	702	.287	.354	4.50						3.7	A B ₁
Heart, beef	100	2"x3"x1"	16.0	20.4		248	.009	.172	4.8	++ ²²	++ ²²	+ ²²	9.1		62.6	A B ₂
Hickory nuts	100	$\frac{1}{2}$ c chopped	15.4	67.4	11.4 ¹	714			2.38	*	++	*			3.7	A B ₁
Hermits	10	1 cookie 2" diam.	0	.5	6.3	41	.003	.007	.12				.3			M
Hominy, cooked	100	$\frac{1}{2}$ c	2.2	.2	17.8	82	.002 ³	.020 ³	.10 ³					.2 ³		A
Hominy, uncooked	100	$\frac{1}{2}$ c	8.3	.6	78.1	351	.011	.144	.54					.9	11.8	A B ₁
Honey	100	5 T	1		81.2	326	.004	.019	1.15	—	—	—			18.2	A B ₁
Honeydew, A. P.	100	" wedge from 7" melon	.4	.1	3.7	18										
Huckleberries, see Blueberries																
Ice Cream, vanilla	100	$\frac{5}{8}$ c	2.5	17.1	18.2	237	.082	.080	.21					.5		M
Jelly	100	5 T	1.0		77.2	313	.014	.008	.30						21.0	A D
Jelly, (see Gelatin dessert)																
Kale	100	1c cooked	3.9	.6	6.0	45			2.54	++	*	*		1.2	86.6	D A
Kidney, beef	100		15.0	8.0		142	.009	.162	5.50	++ ²³	++ ²³	+ ²³			76.7	B C

¹⁸ No data available. Figure given is that of oranges.

¹⁹ Average A. P. wt. 150 gms.

²⁰ 2 T. Fat. 2 T. Flour per cup stock.

²¹ Calculated from Smoked Ham.

²² Values given are those of Pork Heart.

FOOD	Wt. GRAMS	MEASURE	PRO. gms.	FAT gms.	CHO. gms.	CALO- RIES	Ca. gms.	P. gms.	Fe. mgms.	VITAMINS			EXCESS Acid	EXCESS Base	FIBER gms.	WATER gms.	SOURCE
										A	B	C					
Kidney, veal	100	½c diced	16.9	6.4		125	.010	.182	4.0	++ ²³	++ ²³	+ ²³	8.4			75.8	A
Kohlrabi	100	½c diced	2.1	.1	5.6	32	.077	.071	.61	*	*	+			1.1	90.1	D
Lamb, chops, E.P.	100	3 med. size chops	18.7	28.3		329	.011	.202	1.6	-To+	+	*	9.3			53.1	A
Lamb, chops, A.P.	100	2 med. sized chops	16.0	24.1		281	.009	.172	1.4	-To+	+	*	8.0			45.3	A
Lamb, roast	100	slice 4½"x5"x¼"	19.7	12.7		193	.011	.212	1.7	-To+	+	*	10.7			67.1	A
Lard	14	1 T		14.0		126				-To+	-	-		Neutral			A
Leeks	100	1c ½" pieces	2.5	.4	6.6	40	.058	.006	.65						1.3	88.2	D
Lemons, A.P.	100	1 lemon, 2¾" long	.6	.4	4.8	25	.019	.026	.4	+	++	+++		3.3	.6	55.4	C
Lemons, E.P.	100		.9	.6	7.8	40	.030	.042	.60	+	++	+++		5.5	.9	89.3	C
Lemon juice	100	½c			8.3	33	.024	.010	.15	+	++	+++		4.1		89.4	C
Lemon juice	15	1 T			1.2	5	.004	.001		+	++	+++		.7		13.4	C
Lentils, dry	100	3c	25.7	1.0	59.2 ¹	349	.107	.438	8.6	+	++	-	5.2			8.4	A
Lettuce	100 {	16 leaves of leaf, or 8 of head, or ¼ 4" head + 1 leaf	1.2	.2	2.3	16	.043	.042 Head Leaf 1.87	.42	To++ +++	++ ++	+++		7.4	.6	94.8	D
Limes, sweet	100	2-1¼" long	.8	.1	8.6	56	.055	.036		-	*	++		5.3 ²⁴	.3	89.6	C
Lime juice	100	-½c	.5		7.8	33				-	*	++				91.3	C
Liver, beef, uncooked	100	3"x6"x½"	20.4	4.5	1.7	129	.012	.220	8.3	++ To++	++	*	10.1			71.2	A
Liver, calves, uncooked	100	3"x6"x½"	19.0	5.3		124	.011	.205	5.4	++ To++	++	*	.94			73.0	A
Lobster	100	2/3c flaked	18.1	1.1	.5	84	.020	.208	.44	-To+	+	*				77.8	A
Logan-berries ²⁷	100	1 1/6c	1.0	.6	13.6	64									1.4	82.9	C
Macaroni and cheese	100	⅞c	5.7	7.5	13.8	146	.114	.116	.40					2.1			M
Macaroni, cooked	100	+½c	3.0	1.5	15.8	89	.005 ³	.032 ³	.26 ³				1.7 ³				A
Macaroni, uncooked	100	1c	13.4	.9	74.1	358	.022	.144	1.2				9.6			10.3	A
Mackerel	100	2"x3"x1"	18.7	7.1		139	.020	.215	.75	+	+	*	9.3			73.4	A

²³ Values given are those of Pork Kidney.

²⁴ No data available. Figure that of lemons.

²⁵ Made to approximate the composition of butter, for convenience in diet calculation. Contains 1 Egg, 2 C. Salad Oil, 2 T. Vinegar, 1 t. Salt, 1 t. Mustard, ¼ t. Pepper.

FOOD	Wt. GRAMS	MEASURE	PRO. gms.	FAT gms.	CHO. gms.	CALO- RIES	Ca. gms.	P. gms.	Fe. mgms.	VITAMINS			EXCESS Acid Base	FIBER gms.	WATER gms.	SOURCE
										A	B	C				
Marmalade, Orange	30	1 1/3 T.	.2		25.3	102								.3		F A
Marshmallows	100	13	1.9		80.1	328									18.0	J
Mayonnaise	100	1/2c	1.1	74.8	2.5	687	.012	.037	.53				1.4			M
Mayonnaise	15	1 T	.2	11.2	.4	103	.002	.006	.08				.2			M
Mayonnaise dressing, special	100 ²³	1/2c	1.3	83.4		756	.007	.018	.25				1.1			
Milk, whole	100	3/4c	3.3	4.0	5.0	69	.120	.093	.24	+++	++	-To+		1.8	87.0	A B ₁
Milk, whole	200	3/4c or 1 glass	6.6	8.0	10.0	138	.240	.186	.48	+++	++	-To+		3.6	174.0	A B ₁
Milk, whole	240	1c	7.9	9.6	12.0	166	.288	.223	.58	+++	++	-To+		4.3	208.8	A B ₁
Milk, skim	100	1/2c	3.4	.3	5.1	37	.122	.096	.25	+	++	-To+		1.8	90.5	A D
Milk, condensed, sweetened	100	1/3c	8.8	8.3	54.1	326	.300	.235	.60	+++	++	+		4.5	26.9	A D
Milk, evaporated ²⁴	100	1/3c	9.6	9.3	11.2	167	.349	.271	.7	+++	++	-To+		4.6	68.2	A B ₁
Milk, malted, dry	100	3/4c	13.8	6.8	71.9	404				+++ ²⁷ To+++ ²⁷	+++ ²⁷ To+++ ²⁷					E
Milk, malted, dry	12	1 T	1.7	.8	8.6	48										E
Milk, Mothers	100cc	3/4c	1.0	4.5	7.0	72	.028	.014		+++	-To+	+				Q
Milk, Top 8 oz.	100	3/4c	3.0	14.0	4.3	155	.108	.089	.22					1.2		F
Molasses	100	5 1/2 T	2.4		69.3	287	.211	.044	7.97	-	+	-		59.4	25.1	A B ₁
Molasses	280	1c	6.7		194.0	803	.591	.123	22.32	-	+	-		166.3	70.3	A B ₁
Muffins (1 Egg)	47	1 muffin	3.9	4.1	20.2	134	.037	.053	.39				2.2			M
Mulberries	100	2/3c	1.2	.6	12.6	61				*	*	+		.1		C A
Mushrooms ²⁹	100	1/2c (cooked)		.3			.017	.108	.73	-To+	*	-		3.9	91.1	D A
Mustard greens	100	1/2c cooked	2.3	.3	3.2	25			2.87						82.8	D A
Noodles, uncooked	100	1 2/3c	11.7	1.0	75.2	357									92.2	A
Noodles, cooked ³	100	1/2c	2.6	.2	16.8	80								.4	10.7	A
Oatmeal, rolled oats, unckd.	100	1 1/3c	16.1	7.2	66.6	396	.069	.392	3.80	-To+	++	-	12.0	.9	7.7	A B ₁
Oatmeal, cooked	100	1/2c scant	2.7	1.2	11.1	66	.011 ⁸	.065 ⁸	.63 ⁸				2.0	.1		A

²⁴ Minerals calculated from whole milk.
²⁷ J. of Home Ec. 22:123 (1930).

FOOD	Wt. GRAMS	MEASURE	PRO. gms.	FAT gms.	CHO. gms.	CALO- RIES	Ca. gms.	P. gms.	Fe. mgms.	VITAMINS			EXCESS Acid Base	FIBER gms.	WATER gms.	SOURCE
Oil, olive or salad	206	1c		206.0		854				-To+	-	-	Neutral			F A
Oil, olive or salad	14	1 T		14.0		126				-To+	-	-	Neutral			F A
Oleomargarine	100	7Tb.	1.2	83.0		752				-To++ ²⁸	-	-			9.5	A A
Oleomargarine	14	1 T	.1	11.6		105				-To++ ²⁸	-	-			1.3	A A
Olives, green plain, A.P.	100	13 olives, 1¼"x¾"	.8	20.2	8.5 ¹	219	.122	.014	2.11						42.3	A B ₁
Olives, ripe, A.P.	100	20 Med. Size	1.4	21.0	3.5 ¹	209									52.4	A
Okra	100	½c canned	1.8	.2	6.4	35	.071	.019	.63	*	++	*		1.0	89.8	D A
Onions	100	½c or 3, 1½" diam.	1.4	.2	9.5	45	.031	.045	.48	-To - +	+	+cooked ++raw	1.5	.8	87.5	D A
Onions, young green	100	20, 5" long	1.0	.2	8.8	41			.47	-To+	+	++		1.8	87.6	D
Oranges, E.P.	100 ³⁰	Pulp of orange 2½" diam.	.9	.2	10.6	48	.045	.021	.52	*	*	++	5.6	.6	87.2	C A
Orange Juice	100	½c	.6		9.1	39	.029	.016	.24	* To - +	++	++	4.5		85.7	C A
Oysters	100	1/3c standards	6.2	1.2	3.7	50	.052	.155	3.14	Raw++ Cooked*	++	+	15.2		86.9	A B ₁
Oyster plant (see Vegetable Oyster)																
Papayas	100		.6	.1	9.1	40				++	+	+++		.9	88.7	C A
Parsley	100	bunch 5" diam.	3.7	1.0	7.2	53			3.16	*	++	*		1.8	83.9	D A
Parsnips	100	½c diced	1.5	.5	16.0	74	.059	.076	.77	-To+	++	*	11.9	2.2	78.6	A A
Pastry, plain	90 uncooked 80 cooked	one 9" crust	5.3	26.4	34.1	396	.011	.044	.44				4.4	.1		M
Papaws	100		5.2	.9	16.8	96									76.6	C
Peaches, fresh ³⁷	100	1 medium	.5	.1	11.4	48	.016	.024	.33	To++	+	++	5.0	.6	86.9	C A
Peanuts	100	¾c	25.8	38.6	21.9	538	.071	.399	2.31	+	++	*	3.9	2.5	9.2	A B ₁
Peanut butter ³¹	100	6 T	29.3	46.5	17.1 ¹	604	.080	.451	2.6	+	++	*	4.4			A B ₁
Peanut butter ³¹	16	1 T	4.7	7.4	2.7 ¹	97	.013	.072	.4	+	++	*	.7			A B ₁
Pears, fresh ³⁷	100	1 medium	.7	.4	14.4	64	.015	.026	.32	* To++	+	+	3.6	1.4	82.7	C A

²⁸ Vitamins A and D vary with method of manufacture. Nucoa contains amounts comparable to butter.

²⁹ Protein content low, Nitrogen mainly as Non-Protein Nitrogen. Carbohydrate mostly non-extractible, presumably of no nutritive value.

³⁰ Average A. P. wt. 139 gms.

³¹ Minerals calculated from peanuts E. P.

FOOD	Wt. GRAMS	MEASURE	PRO. gms.	FAT gms.	CHO. gms.	CALO- RIES	Ca. gms.	P. gms.	Fe. mgms.	VITAMINS			EXCESS Acid	FIBER gms.	WATER gms.	SOURCE
										A	B	C	Base			
Peas, fresh	100	¾c	6.7	.4	15.5	92	.028	.127	2.07	++	++	+++		2.2	74.3	D A
Peas, dried	100	½c	24.6	1.0	57.5	337	.084	.400	5.7	+	++	*		4.5	9.5	A D
Peas, canned, incl. liquor	150	¾c	5.2	.5	12.9	77	.027 ³	.122 ³	2.05 ³	++	+To++	++	1.3	1.8		K A
Peas, canned, drained	100	⅝c	4.6	.5	11.2	68				++	+To++	++		1.8		K A
Peas, canned, liquor only	100	—½c	1.5		4.0	22										K
Pea, cream of, see Soup																
Pecans	100	⅞c	11.0	71.2	13.3 ¹	738	.089	.335	2.58	+	++	*			3.0	A B ₁
Peppers, green	100	1, 3⅝" long	1.2	.2	4.3	24	.006	.026	.40	++	++	+++		1.4	92.4	D A
Peppers, red	100	½c	1.3	.7	6.5	37			.60					1.6	89.2	D B ₁
Pie, apple	134	1/6 of pie 9" diam.	2.1	9.2	42.8	262	.011	.026	.46				2.2	1.0		M
Pie, cream	122	1/6 of pie 9" diam.	6.5	9.4	32.2	239	.110	.118	.75				1.8			M
Pineapple, fresh ³⁷	100	¼c diced or 2 slices 3½"x3⅞"	.4	.2	13.3	57	.018	.028	.37	++	++	++		.4	85.3	C A
Pistachio nuts	100	2/3c	22.3	54.0	16.3	640			7.92					1.8	4.2	A B ₁
Plums, fresh ³⁷	100	3 - 1½" diam.	.7	.2	12.4	54	.020	.032	.56	*	++	*	7 ⁴	.5	85.7	C A
Pomegranates	100		1.5	1.2	17.3	86	.011	.105	.78					3.6		C A
Popcorn, popped	100	9c	10.7	5.0	77.3	397								1.4	4.3	A
Popcorn, popped	11	1c	1.2	.5	8.5	43									.5	A
Pork chops, lean	100	1 med. chop ½" thick	20.3	19.0		252	.012	.219	1.5	-To+	++	*	10.0		60.3	A C
Pork chops, med. fat	100	1 med. chop ½" thick	16.6	30.1		337	.010	.179	1.3	-To+	++	*	8.3		52.0	A C
Pork sausage	100	7 —3"x¼"	13.0	44.2	1.1	454	.008	.140	1.0	-To+	++	*	6.4		39.8	A C
Potato, white, raw or steamed	100	one 2½" diam. or ⅝c diced	2.0	.1	18.7	84	.014	.058	.85	+	++	++	7.0	.4	77.8	D B ₁
Potatoes, white, baked	67 ¹⁴	one 2½" diam.	2.0	.1	18.7	84	.014	.058	.85	+	++	+To++	7.0	.4	44.8	
Potato, white, mashed	100	½c	2.0	6.4	15.7	129	.028	.060	.73				6.0	.3		M
Potato, white, creamed	100	½c	2.9	5.9	14.7	124	.060	.075	.61				4.5	.2		M
Potato, white, fried ¹³	100	—½c	2.1	8.6	18.7	161	.015	.060	.87				7.2	.4		

¹³ Potato 100 gms., Fat 10 gms.

FOOD	Wt. GRAMS	MEASURE	PRO. gms.	FAT gms.	CHO. gms.	CALO- RIES	Ca. gms.	P. gms.	Fe. mgms.	VITAMINS			EXCESS		FIBER gms.	WATER gms.	SOURCE
										A	B	C	Acid	Base			
Potato chips	20	10 to 12 large chips.	1.4	8.0	9.3 ¹	115								3.6		.4	A
Potato salad	100	1 leaf lettuce + ½c salad	1.7	11.1	13.6	163	.018	.052	.74					6.0	.4		M
Potato, sweet, uncooked	100	½ med. size	1.8	.7	26.9	121	.019	.045	.77	++	++	++		6.7	1.0	68.5	A
Potato, sweet, baked	85 ¹⁴	½ med. size	1.8	.7	26.9	121	.019	.045	.77	++	*	*		6.7	1.3		
Prunes, fresh ³⁷	100	3 — 1½" diam.	.9	.2	21.3	91				*	++	*	‡ ⁴		.5	76.5	C A
Prunes, dried, A.P.	100	12 prunes 50/60s	2.1		73.3 ¹	302	.054	.105	2.85	++	++	—	‡ ⁴		2.4		A
Prunes, dried, cooked A.P.	100	3 prunes + 3 T juice	.6		34.2	139	.015	.030	.81	*	*	*	‡ ⁴		.7		M
Puffed rice	10	½c	.8		7.9	35	.001	.010	.11				.9		.01		E B ₁
Puffed wheat	10	½c	1.3	.2	7.0	35	.004	.042	.41				1.1		.2		E B ₁
Pumpkin	100	½c cooked	1.2	.2	6.0	31	.023	.059	.93	++	*	*		1.5	1.3	90.5	A A
Quinces	100	3 - 1½" diam.	.3	.1	12.1	50			1.01						1.8	85.3	C B ₁
Radishes	100	10 - 1" diam.	1.2	.1	3.5	18	.021	.029	.83	—	++	++		2.9	.7	93.6	A A
Raisins	100	¾c	2.6	3.3	76.1 ¹	344	.064	.132	Seeded 5.69 Seedless 2.99		+	—		23.7	.65 1.5	14.6	A A A
Raspberries, black, fresh ³⁷	100	1 1/6c	1.5	1.6	12.1	69	.049	.052	.99	*	*	++			3.5	80.7	C B ₁
Raspberries, red, fresh ³⁷	100	1c	1.1	.6	11.6	56	.049	.052	.99	*	*	++			2.8	83.4	C B ₁
Rhubarb, fresh	100	—½c cooked	.5	.1	3.1	15	.044	.031	.56	*	*	+		8.6	.7	94.9	C A
Rice Krispies	100	3¼c	6.0	.3	88.4	380	.011	.010	2.7						3	1.9	J
Rice, polished, uncooked	100	½c	8.0	.3	78.8	350	.009	.096	1.05	—	—	—	9.3		.2	12.3	A B ₁
Rice, polished, cooked	100	½c	1.8	.1	21.3	93	.002 ³	.026 ³	.28 ³	—	—	—	2.5		.1		F
Rice, brown, uncooked	100	½c						207	2.0	+	++	—	9.3 ³³				D
Rice pudding	88	½c	4.3	3.6	12.0	98											M ³
Romaine	100	1/3 large head	No data available. See figures for lettuce				.045	.053		++	++	*					A
Rutabagas	100	½c mashed	1.1	.1	7.6	36	.074	.056	.36	+	++	+++ ³⁴		8.5	1.3	89.1	D A
Salad Dressing. Boiled	100	¾ or 5 T	3.6	10.9	11.2	157	.080	.102	.86				1.9				M

³³ No data available. Figure is that of Polished rice.

³⁴ Rutabagas, cold storage, vitamin C. ++.

FOOD	Wt. GRAMS	MEASURE	Ph.O. gms.	FAT gms.	CHO. gms.	CALO- RIES	Ca. gms.	P. gms.	Fe. mgms.	VITAMINS A B C			EXCESS Acid Base	FIBER gms.	WATER gms.	SOURCE
French Dressing	13	1 T		7.3		60										M
Mayonnaise, see Mayonnaise Dressing																
Salmon, fresh	100	3"x4"x¾"	22.0	12.8		203	.024	.253	.83	+	+	*	11.0		64.6	A B ₁
Salmon, canned	100	½c flaked	21.8	12.1		196	.024	.250		+	+	*	10.8		63.5	A B ₁
Salsify—See Vegetable Oyster																
Sardines	100	4 - 3½" long	23.0	19.7		269	.025	.264	1.3				11.4		52.3	A D
Sauerkraut	100	2/3c	1.7	.5	3.8 ¹	27				+	+	+To+++		5.7 ⁹		A A
Shredded wheat	100	3 1/3 biscuits	10.5	1.4	76.2	359	.041	.324	4.5				12.2		8.1	A D
Shredded wheat	28	1 biscuit	2.9	.4	21.3	101	.011	.091	1.0				3.4		1.5	A D
Shrimp, canned	100	½c	25.4	1.0	.2	111	.028	.292	2.67	+	+	*			70.8	A B ₁
Soup, vegetable (Julienne)	218	1c	4.7	.2	2.5	31	.016	.013	.19					1.5	.3	N
Soup, cream of pea	100	½c	2.8	3.3	6.1	64	.050	.070	.34 ³⁶					.9	.6	M
Soup, cream of tomato	100	¾c	3.0	7.7	7.1	109	.090	.076	.38					2.7	.2	M
Spaghetti, cooked ³	100	½c	2.7	.1	16.9	80	.005	.032	.47				2.1		.1	
Spaghetti, uncooked	100	¾c	12.1	.4	75.9	356	.022	.144	1.25				9.6		.4	A D
Spinach	100	½c cooked	2.3	.3	2.6	22	.067	.068	2.55	+++	++ ²⁵	+++ ²⁵		27.0	.6	D A
Squash, summer	100	½c cooked	.6	.1	3.4	17	.018		.35						.5	D A
Squash, winter	100	½c mashed	1.5	.3	7.4	38	.018		.55	++	*	*		2.8	1.4	D A
Starch, corn	100	¾c			90.0	360				—	—	—		Neutral		A E
Strawberries, fresh ³⁷	100	2/3c	.8	.6	6.9	36	.041	.028	.68	+	+	+++			1.2	C A
Sugar, granulated	100	½c scant			100.0	400				—	—	—		Neutral		A A
Sugar, granulated	4	1 t			4.0	16										A
Sugar, granulated	13	1 T			13.0	52										A
Sugar, granulated	210	1c			210.0	840										A
Sugar, powdered	100	½c			100.0	400										A
Sugar, powdered	12	1 T			12.0	48										A

¹⁵ Spinach, canned or cooked, vitamin B +, vitamin C, + to +++.

³⁶ Estimates a loss of 2/3 Fe content in straining.

FOOD	Wt. GRAMS	MEASURE	PRO. gms.	FAT gms.	CHO. gms.	CALO- RIES	Ca. gms.	P. gms.	Fe. mgms.	VITAMINS			EXCESS Acid Base	FIBER gms.	WATER gms.	SOURCE
										A	B	C				
Sugar, powdered	170	1c			170.0	680										A
Sugar, brown	10	1 T			9.5	38										A
Sugar, brown	165	1c			156.7	627										A
Summer Sausage, E. P.	100	4 Sl. 3"x1½"	26.0	44.5		504										A
Sweetbreads	100	2½"x3"x¾"	16.8	12.1		176				+	+	*			70.9	A B ₁
Tangerines, Mandarin oranges	100	2 - 2" diam.	.8	.3	9.9	45			.61	*	*	+++	5.6 ¹⁷	1.0	87.3	C B ₁
Tapioca, uncooked	184	1c	.7	.2	161.7	651	.042	.166	2.94					.2	21.0	A D
Tapioca, uncooked	100	+½c - 9 Tb.	.4	.1	87.9	354	.023	.090	1.6				Neutral	.1	11.4	A D
Tapioca, cooked ²	100	1/3c	.1		13.7	55	.004	.014	.25							A D
Tapioca, apple	100	½c	.2	.3	27.5	113	.006	.016	.35					.6		M
Tapioca, cream	100	½c	3.6	3.9	17.1	118	.090	.091	.48							M
Tomato, raw, A.P.	100	One 2½" diam. or ⅔c canned	1.0	.3	3.4	20	.011	.026	.44	++	++	+++ ¹⁸	5.6	.6	94.1	D A
Tomato soup, canned	100	1/3c	1.5	.7	9.5	50			2.20	++	} To++++					F B ₁
Tomato, cream of, see Soup																
Trout	100	2"x3"x1"	17.8	10.3		164	.019	.204	.78	+	+	*	8.9		70.8	A B ₁
Tunafish (Tunney) in oil	100	⅓c flaked	23.8	20.0		275	.026	.263	1.31						51.3	A B ₁
Turkey, dark meat, cooked	100	4 slices 1¼"x1½"x⅓"	39.2	4.3		195	.023	.423		-To+	+	*	19.3			F A
Turkey, dark meat, unckd.	100		21.4	20.6		271	.012	.231	2.04	-To+	+	*	10.4			F B ₁
Turkey, light meat, cooked	100	2 slices 3½"x3"x¼"	34.6	4.9		182	.020	.373		-To+	+	*	17.1			F A
Turkey, light meat, unckd.	100		25.7	9.4		187	.015	.277	1.03	-To+	+	*	12.7			F B ₁
Turnips	100	½c cooked	1.1	.2	6.0	30	.064	.046	.52	-To+	++	++	2.7	1.1	90.9	A A
Turnip tops	100	½c cooked	2.9	.4	4.2	32	.347	.049	3.48	++++	++	-To+		1.2	89.5	F A
Veal chop, med. fat	100	1 med. size ⅓" thick	19.9	10.8		177	.012	.215	2.7	-To+	+	*	9.8		69.0	A C
Veal roast	100	3"x2¾"x⅓"	26.6	4.8		150	.015	.287	3.6	-To+	+	*	13.0			M C

¹⁸ Canned Tomatoes, Vit. C ++ to +++.

FOOD	Wt. GRAMS	MEASURE	PRO. gms.	FAT gms.	CHO. gms.	CALO- RIES	Ca. gms.	P. gms.	Fe. mgms.	VITAMINS A B C	EXCESS Acid Base	FIBER gms.	WATER gms.	SOURCE
Vegetable oyster, Salsify	100	½c diced	3.5	1.0	13.7 ^{ab}	70			1.60			1.8	79.1	D A
Vegetables, 5%	100	± ½c	1.0		5.0	24	} see pp. 12 for mineral,							
Vegetables and fruits, 10%	100	± ½c	1.0		10.0	44	} fiber values, see figures for individual foods.							
Vegetables and fruits, 15%	100	± ½c	1.0		14.0	60								
Vegetables and fruits, 20%	100	± ½c	1.0		20.0	84	J							
Waffles	64	1 waffle 6" diam.	8.8	8.5	31.6	239	.072	.116	~1.07		5.6	.1		M
Waldorf salad	162	1 leaf lettuce + ½c salad	2.0	17.8	14.9	225	.047	.055	.82			1.1		M
Walnuts, black	100	1 1/6c chopped	27.6	56.3	10.0	657			5.98	* ++		1.7	2.5	A E
Walnuts, English	100	1 1/6c	18.4	64.4	11.6	700	.089	.358	2.14	+ ++	7.9	1.4	2.5	A B ₁
Watercress	100	40 sprigs - 3c	1.7	.3	2.8	46	.187	.005	2.97	+++ *		.5	83.6	D A
Watermelon	100	2½"x2½"x1"	.5	.2	6.3	29	.011	.003	.23			.6	92.1	C B ₁
Whey	100	¾c	1.0	.3	5.0	27	.044	.035					93.0	A A
Whitefish	100	2"x3"x1"	22.9	6.5		150	.150	.263	.42	-To+ +	11.3		69.8	A B ₁
White sauce, medium	100	+1/3c	3.6	12.0	8.6	156	.105	.121	2.8		.9			M
Yeast, compressed, A.P.	15	1 cake	1.7	.1	3.1	20			.28 ³⁹	-To+ ++			65.1	A A
Zwiebach	100	12 pieces 3¼"x1¼"x½"	9.8	9.9	73.5 ¹	422								A

³⁹ Analysis furnished by M. Winters, University Hospital.
⁵⁷ The nutritive value of canned fruits may be estimated as that of the fresh food, plus the carbohydrate and caloric value of the syrup in which it is canned. The weight of the syrup is usually 50-100% of the weight of the drained fruit. The following additions, per 100 gms. of fresh food are an approximation* of the minimum value of these syrups.

	Wt.	Measure	CHO.	Cal.
For fancy grades	60 gms.	¼c.	24.0	96
For choice grades	60 gms.	¼c.	15.0	60
For standard grades	60 gms.	¼c.	9.0	36

*These vary widely with the individual fruit and packer. For example, the syrup used for "fancy" pears and blackberries is approximately the usual concentration used for "choice" grades. For details see "How to Buy Canned Foods" National Canners Association, Washington, D. C.

KEY TO SOURCES OF DATA QUOTED

First letter indicates the source of the data for Protein, Fat, Carbohydrate, Fiber, Water.

First Letter

- A—Bulletin 28. U. S. Dept. of Agriculture (1905) "Chemical Composition of American Food Materials".
- B—Circular 389. U. S. Dept. of Agriculture (1926) "Proximate Composition of Beef".
- C—Circular 50. U. S. Dept. of Agriculture (1928) "Proximate Composition of Fresh Fruits".
- D—Circular 146. U. S. Dept. of Agriculture (1931) "Proximate Composition of Fresh Vegetables".
- E—Bulletin 286. Connecticut Agricultural Experiment Station "31st Report on Food Products" (1927)
- F—"Laboratory Handbook for Dietetics" Mary S. Rose.
- G—As under "A" except that Fiber is taken from "Crude Fiber in Food" Magers, J. Am. Dietetic Ass. 1:173 (1925)
- H—As under "C" except Fiber is taken from Magers.
- J—Manufacturers analysis.
- K—Protein, Fat, Carbohydrate from Connecticut Agricultural Station Report for 1910.
- L—"Fundamentals of Dairy Science" Associates of L. A. Rogers.
- M—Recipe from "Feeding the Family." Mary S. Rose.
- N—Recipe from Boston Cooking School Cook Book.
- P—"Food Values and Measures", Stern, Reynier and Barden, Food Clinic of the Boston Dispensary.
- Q—Macy et al Am. J. Dis. Children 43:40 (1932) et ante.
- R—Circular 494, U. S. Dept. of Agriculture (1933) "Nutritive Value of Soybeans."
- S—U. S. Dept. Agri. Bureau of Home Economics 569 (5/5/34) C.C. Food Composition.

Second letter indicates the source of data for Minerals, Vitamins, and Acid-Base preponderance.

Second Letter

- A—Calcium, Phosphorus from "Chemistry of Food and Nutrition" H. C. Sherman.
- Iron—"Iron Content of Vegetables and Fruits" Hazel Stiebling. U. S. Dept. of Agriculture Circular No. 205 (1932)
- Vitamins A, B, C "Vitamins in Food Materials" Smith, Circular 84 U. S. Dept. of Agriculture.
- Acid-Base "Food Products" H. C. Sherman (1928) and (1916)
- B₁—"Iron Content of Plant and Animal Foods" Peterson and Elvehjem J. B. C. 78:215 (1928)
- B₂—As under "A" except that Iron figure is from "The Iron Content of Animal Tissues" Elvehjem and Peterson, J. B. C. 74:433 (1927)
- C—As under "A" except that Iron is from "The Iron Content of Meats" Forbes and Swift J. B. C. 67:517 (1926)
- D—As under "A" except that Iron is from "Chemistry of Food and Nutrition" Sherman.
- E—As under "A" except that Vitamins A B C values are from "Chemistry of Food and Nutrition" Sherman.
- F—As under "A" except that Ca value is from "Calcium of Cheese" Blunt and Summer J. of Home Ec. 20:587 (1928)
- G—Minerals from "Laboratory Handbook of Dietetics" M. S. Rose.
- H—Minerals from "Food Products" H. C. Sherman
- I—Compiler's calculation.

CLASSIFICATION OF FRUITS AND VEGETABLES

(According to Carbohydrate Content)

5% Vegetables	10% Vegetables	15% Vegetables	20% Vegetables
Asparagus Bean Sprouts Broccoli Cabbage Cauliflower Celery Chard Chinese Cabbage Cucumber Egg Plant Endive Greens—beet Greens—mustard Kohlrabi Lettuce Okra Olives—ripe Peppers Pumpkin Radish Spinach String Beans Summer Squash Tomatoes Turnips Watercress	Beets Brussels Sprouts Carrots Dandelion Green Leeks Olives—green Onions Rutabagas Winter Squash 10% Fruit Blackberries Cranberries Currants Gooseberries Grapefruit Lime juice Oranges Orange Juice Peaches Tangerines Lemon Juice	Artichokes--Globe Oyster Plant Parsnips Peas 15% Fruit Apples Apricots Blueberries Cherries—sour Grapes Huckleberries Loganberries Mulberries Pears Pineapple Plums Raspberries	Beans—cooked Kidney Lima Navy Corn Horse Radish Potatoes 20% Fruit Bananas Cherries—sweet Figs—fresh Grape Juice Prunes—fresh
5% Fruit Avocado Honey Dew Melon Muskmelon Rhubarb Strawberries Watermelon			

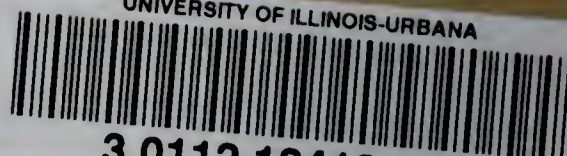
CEREAL PRODUCTS

10 grams of Dry Cereal, Macaroni, Spaghetti or Noodles is equal to 100 grams of any 10% Fruit or Vegetable

100 gms.	5% Veg.= 50 gms.	10% Veg.= 35 gms.	15% Veg.= 25 gms.	20% Veg.
100 gms.	10% Veg.=200 gms.	5% Veg.= 70 gms.	15% Veg.= 50 gms.	20% Veg.
100 gms.	15% Veg.=280 gms.	5% Veg.= 140 gms.	10% Veg.= 70 gms.	20% Veg.
100 gms.	20% Veg.=400 gms.	5% Veg.=200 gms.	10% Veg.= 140 gms.	15% Veg.



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